



# Fall University Express Programs!



- **Friday, October 6th @ 1:15pm: The Dionne Quintuplets** - In 1934, a farm woman in Canada gave birth to naturally conceived quintuplets. Not having much of a chance to live, the midwife lovingly wrapped up each baby and put them in a basket. When morning came and they were all still alive, the doctor was called and he took charge of upbringing. When the Canadian government became involved, the girls lives were anything but normal.
- **Tuesday, October 10th @ 5pm: A Community Meeting in Akron with Commissioner Angela Marinucci** - Join us to learn about the variety of programs and services available to the older adult community in Erie County. Trust us, there's something for everyone!
- **Wednesday, October 11th @ 1:15pm: Scribblin' for a Livin': Mark Twain's Pivotal Period in Buffalo** - In August 1869 33-year-old Mark Twain moved to Buffalo. This illustrated presentation is based on Tom Reigstad's study of Twain at a critical juncture of his career and shares entertaining details of Twain's domestic, social, and professional life in Buffalo during his 17-month residency and beyond.
- **Wednesday, October 18th @ 1:15pm: How to Transfer Real Estate to Your Heirs** - This class will teach you the advantages and pitfalls involved in the various strategies for passing a house, cottage, or rental property to your heirs.
- **Monday, October 23rd @ 10am: The Sun, the Moon, the Solar Eclipse and YOU!** - A total solar eclipse is coming to Western New York on Monday, April 8th, 2024. During this once-in-a-lifetime event, Erie County will be shrouded in darkness for almost 4 minutes. Learn about the celestial mechanics that make a solar eclipse happen, what you can expect to see on Earth, and how to view it safely.
- **Tuesday, October 24th @ 5:30pm: Lewis and Clark: Opening the American West** - Join Erie County Historian Douglas Kohler for a look at the history and legacy of the Lewis and Clark expedition. What challenges did they face, and how have they been viewed over time.
- **Wednesday, October 25th @ 1:15pm: Hockey 101 A Beginners Guide** - The NHL Buffalo Sabres could be the team of destiny this year! Want to learn more about hockey? We will cover the rules (beginners version), player positions, the basics of "Hockey Player Lingo": "The Faceoff", "Offsides", and more. Come and visit, I think you will like it.
- **Tuesday, October 31st @ 1pm: Buffalo Scandals: The Death of John Love** - After being settled in the year 1803, the town of Boston was on high alert after the disappearance of a resident named John Love. Did he disappear without a trace- leaving his fortune behind? Or was there something more sinister behind his disappearance? Join us to find out!
- **Wednesday, November 8th @ 1:15pm: From Birth to Death: New York State Vital Records** - Learn about New York State births, deaths and marriages and what records are available through the B&ECPL and the Western New York Genealogical Society.
- **Wednesday, November 15th @ 1:15pm: Cooking with the Commish: Holiday Style** - Join our favorite Commissioner - Senior Service own Angela Marinucci - as she shares some of her favorite holiday recipes that will have all your guests asking for seconds. She will even bring some samples to share. This is one class you wont want to miss. *\*Feel free to bring your own holiday recipe to share.*
- **Thursday, November 16th @ 1pm: Breast, Cervical, and Colorectal Health** - Cancer Services provides education about breast, cervical and colorectal health - including breast, cervical and colorectal screens to eligible uninsured and underinsured men and women across Western New York. Join us to learn more!
- **Monday, November 20th @ 10:30am: Balance is Key: A Guide to Fall Prevention** - Learn ways to help prevent yourself from falling with these tips and tricks!
- **Wednesday, November 22nd @ 1:15: Understanding and Coping with Anxiety** - In this "low stress" class...we'll discuss the types of anxiety, how anxiety may impact us and ways to cope.
- **Monday, November 27th @ 1:15pm: Meet the Two Charlies: Charles E Burchfield - Artist Extraordinaire and Charles Rand Penney - Lawyer, Collector, Benefactor** - Buffalo's very own Burchfield Penney Art Center holds the largest public collection of works by Charles E. Burchfield, as well as an archive of more than 10,000 pages of handwritten journals, 25,000 drawings, and other epherma - including a scale re-creation of the artists studio. Join Burchfield's director of education to discover "Burchfield".
- **Wednesday, November 29th @ 1:15pm: Winter Activities in Your County Parks** - Buffalo owns winter! Join us to learn about many outdoor activities our winter wonderland has to offer. There is plenty of outdoor fun and activities for all happening in our parks all season long.
- **Tuesday, December 12th @ 5:30pm: The Language of Holiday Flowers** - What is the meaning behind holiday flowers? How did certain flowers and plants become associated with the winter holidays? Learn what you really mean when you send someone a poinsettia or decorate with wreaths and evergreens.

# Other Presentations

- **Thursday, October 19th @ 4:00pm: 14 Ways to Protect Your Assets w/ Robert Friedman-**  
Learn how to preserve your assets if nursing home care is necessary and plan for incapacity with powers of attorney, health care proxies, living wills, wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, properly documented gifts, spousal allowances and transfers, caregiver agreements, and emergency Medicaid planning
- **Monday, October 30th @ 11:00am: Home Organizing w/ Debbie Hamm -** Join us for a program on ways to organize and declutter your home in overwhelming places.

## Health Insurance Forum

Tuesday, October 24th @ 9am-11am

*This year, the **Annual Enrollment Period (AEP)** starts October 15th and ends on December 7th for a January 1st 2024 effective date. It is that time of year again. Plan on attending the Akron/Newstead Senior Center Health Insurance forum and learn about available options and find a plan that fits your needs.*

Bill Daniels from Erie County's Health Insurance Information Counseling Assistance Program (HIICAP) will present an overview of changes to Medicare and provide information and assistance regarding Medicare Part A and Part B benefits, the prescription drug benefit, Part D, Medicare Advantage plans and Medicare supplemental insurance. Sales representatives from the major health insurance companies will be present with information and applications to introduce their upcoming benefit packages.

During this annual enrollment period (AEP) you can make changes to various aspects of your coverage.

You can switch from Original Medicare to Medicare Advantage, or vice versa.

You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another. And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply. If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria. You must be enrolled in Medicare Part A and B. You must live in the plan's service area. You cannot have End-Stage Renal Disease (some exceptions apply).

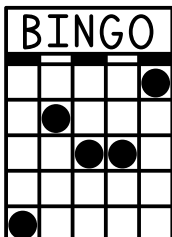
***If you cannot make it to this presentation, then mark your calendars for a repeat presentation on Tuesday, November 21st 1pm-3pm***



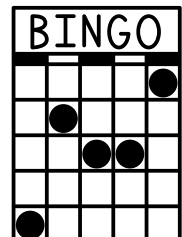
## Upcoming Flu Clinic

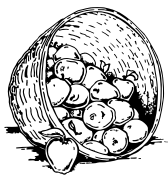
**October 24th 9:00-11:00am**

Bring insurance cards and ID. No appointment necessary, walk in only. First come, first served.



**No BINGO  
OCTOBER 13th**





# Hull Family Home & Farmstead Tour and Dinner at Morlusk's

**\$50.00**

## Friday, October 20th

Depart via small school bus from the Senior Center @ 3:30pm.

Arrive at the Hull House for a one hour tour, then head to  
dinner at Morlusk's.

**Meal choices:** Polish Plate, Homemade Pasta and Meatballs, or Broiled Fish

All entrees include salad, homemade bread, dessert, coffee/tea/pop, tax and gratuity.

*Visit the circa 1810 Hull Family Home & Farmstead, built by Warren Hull, a Revolutionary War veteran who traveled west from New England with his wife Polly and their children.*

*From this site, the only fully restored stone dwelling of the early 1800's in Erie county, 200 years of history can be told – the Revolutionary War, the War of 1812 & the burning of Buffalo, the opening and impact of the Erie Canal, early pioneer life, the Abolitionist movement, and much more on into the 20th century.*

*Archaeological digs have revealed clues to how the family lived, worked and played, and have led to plans to reconstruct out-buildings and the farmstead.*



## Paint Night at the Center

**\$20.00**

### October 18th @ 5:00pm

Join us for a guided paint night with instructor Dan Meyers.  
Appetizers, coffee, tea and water served.

### Painting on display @ the Center

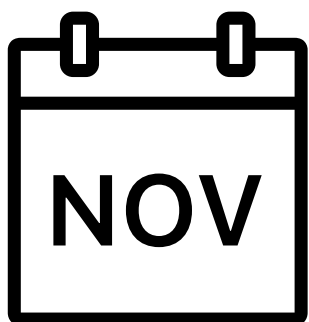
## Save The Date

*More info and sign up to come*

### Saturday November 18th - Pembroke Corfu

Band and Dinner

### Tuesday, November 21st - Annual Friendsgiving Thanksgiving Dinner with the Hasting's





# October 8th - 14th

## “Cooking safety starts with YOU! Pay attention to fire prevention!”

### Cooking Safety Tips:

- Always keep a close eye on what you're cooking. For foods with longer cook times, such as those that are simmering or baking, set a timer to help monitor them carefully.
- Clear the cooking area of combustible items and keep anything that can burn, such as dish towels, oven mitts, food packaging, and paper towels.
- Turn pot handles toward the back of the stove. Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.
- Create a “kid and pet free zone” of at least three feet (one meter) around the cooking area and anywhere else hot food or drink is prepared or carried.

According to National Fire Protection Agency, **cooking** is the leading cause of home fires, with nearly half (49 percent) of all home fires involving cooking equipment; cooking is also the leading cause of home fire injuries. Unattended cooking is the leading cause of home cooking fires and related deaths.

## Fire Extinguisher Training Thursday, October 12th at 10:30am

Join Paul Vohlwinkel a Newstead Fire Company Assistant Chief for a 10-15 minute presentation on fire extinguishers followed by some hands on training.



### Brain Games:

#### Sudoku

The objective is to fill a 9 × 9 grid with digits so that each column, each row, and each of the nine 3 × 3 subgrids that compose the grid contain all of the digits from 1 to 9.

#### Riddles

- What occurs once in a minute, twice in a moment, and never in 1,000 years?
- Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?
- What is so fragile that saying its name breaks it?

6					9			4
	8	9	5				1	6
5				6		3		9
8	3	1				7		5
	2						6	
9		7				8	4	2
2		6		1				8
3	7				6	9	2	
1			3					7

Answers: a) The letter m b) Corn on the cob c) Silence










# Hand Sewn Harvest Quilt Raffle



Fill out and return with payment to the Akron-Newstead Senior Center to be entered to win!

7 tickets  
for \$5

<p>Name: _____</p> <p>Phone #: _____</p> <p> <b>Handsewn Harvest Quilt Raffle</b></p> <p>Size: 78" X 78"</p> <p>To Be Given Away on Nov. 15th, 2023</p> <p>Akron-Newstead Senior Center 5691 Cummings Rd. Akron, NY 14001</p> <p>Donation: \$1.00</p>	<p>Name: _____</p> <p>Phone #: _____</p> <p> <b>Handsewn Harvest Quilt Raffle</b></p> <p>Size: 78" X 78"</p> <p>To Be Given Away on Nov. 15th, 2023</p> <p>Akron-Newstead Senior Center 5691 Cummings Rd. Akron, NY 14001</p> <p>Donation: \$1.00</p>	<p>Name: _____</p> <p>Phone #: _____</p> <p> <b>Handsewn Harvest Quilt Raffle</b></p> <p>Size: 78" X 78"</p> <p>To Be Given Away on Nov. 15th, 2023</p> <p>Akron-Newstead Senior Center 5691 Cummings Rd. Akron, NY 14001</p> <p>Donation: \$1.00</p>	<p>Name: _____</p> <p>Phone #: _____</p> <p> <b>Handsewn Harvest Quilt Raffle</b></p> <p>Size: 78" X 78"</p> <p>To Be Given Away on Nov. 15th, 2023</p> <p>Akron-Newstead Senior Center 5691 Cummings Rd. Akron, NY 14001</p> <p>Donation: \$1.00</p>
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# Event Sign-up

Please use this sign up sheet to select the events you wish to attend. Limited space is available, in the event an activity is full we will call you to notify you.

Name(s): \_\_\_\_\_

Phone Number: \_\_\_\_\_

Please pay for the below events a week in advance.

Please provide separate checks for Trips and Travel, Casino Trips and Diners Club.

Event:	Name(s) Attending	Staff Use (PD)
<input type="checkbox"/> October 5th--Oktoberfest \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> October 10th--Seneca Niagara Casino \$29 _____		<input type="checkbox"/>
<input type="checkbox"/> October 11th--Krafty with Kathy \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> October 12th--Music Trivia \$4 _____		<input type="checkbox"/>
<input type="checkbox"/> October 12th--Diners Club \$32 _____ Meal Choice: (circle one)   Chicken Parm   Strip Steak   Pork Chop		<input type="checkbox"/>
<input type="checkbox"/> October 13th--Fall Picnic \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> October 16th--Batavia Downs \$35 _____		<input type="checkbox"/>
<input type="checkbox"/> October 18th--Board Luncheon \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> October 18th--Paint Night \$20 _____		<input type="checkbox"/>
<input type="checkbox"/> October 26th--Dinner and a Movie \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> October 27th--Halloween Party \$10 _____		<input type="checkbox"/>

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Please sign up for Erie County Meals below and **pay at time of meal.**

Please indicate Date(s) and Name(s) of those attending below.

## Lunch:

Date(s)

Name(s)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Dinner:

Date(s)

Name(s)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Additional Comments \_\_\_\_\_ Staff Initial \_\_\_\_\_